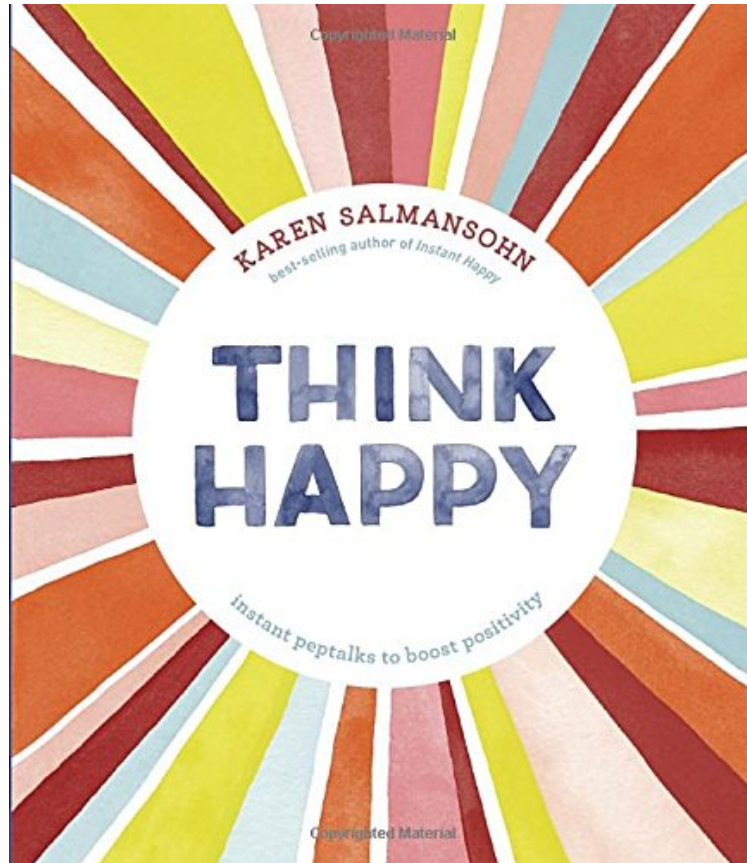


(Download pdf) Think Happy: Instant Peptalks to Boost Positivity

Think Happy: Instant Peptalks to Boost Positivity

Karen Salmansohn

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Karen Salmansohn : Think Happy: Instant Peptalks to Boost Positivity before purchasing it in order to gauge whether or not it would be worth my time, and all praised Think Happy: Instant Peptalks to Boost Positivity:

0 of 0 people found the following review helpful. I say Yes Positive and Fun read. By BiminigurI first saw this book at Barnes and Noble Book store, flipped through the pages and was tickled made me giggle at Some of the Affirmations, That reads, #1 It's better to hold out for A Soul Mate than Settle for a Cell Mate, #2 Realize You Worth, and Don't Give People Discounts #3 If Someone is Trying to Pull You Down, It Just Means They are Beneath You, and this one took a min. To sink in but when it did, it was a Humorous read among others, Those are just several examples of how this book can and will make Your Day. I say Yes give this book a try you won't regret it. Ps. I'm not getting paid to review my true personal experience. I Hope this was Helpful. 1 of 1 people found the following review helpful. Use it when you feel Down or Negative. Picks you up! By Mushpa + MensaLove the art in this little book. Its amazing! Great pick me up. It was a gift, and every time I need a little sunshine in my life or I am feeling down, I refer to it often.... In the love section, I wish it also was inclusive of couple and relationship love. (It focuses a bit on single people love etc..) BUT still I can get lots from it. :) 2 of 2 people found the following review helpful. Great book from a great author. By thezoneLoved the book and the amazing tips and tricks that Karen shared with us. Such an amazing

read! Love, Zane.

Stay happy no matter how much life throws at you! Happiness expert and Oprah columnist Karen Salmansohn presents a collection of 50 inspirational inner peptalks to boost your confidence, attitude, and mood. These peptalks are different than affirmations because they're feisty, fun and memorable--and will thereby stick in your brain like a catchy song. You'll naturally want to keep repeating them, thereby changing your neural pathways so you're inclined to think positive thoughts, which lead to positive habits, which lead to a positively happy life! Whether you're feeling stressed, need motivation, are dealing with haters, or need to turn your tale of woe into a tale of wow, THINK HAPPY's instant peptalks and whimsical illustrations will grump-proof your brain so you can move forward with optimism, resilience, and plain ol' fabulousness.

Praise for Karen Salmansohn: Salmansohn reminds us that in life, we are in charge of our own destiny. We have the power to overcome through gratitude, humor and courage. Tony Robbins, New York Times Best Selling Author Karen is an expert on psychological research studies to help you not only recover from the tough times, but also bounce back to an even higher level than your previous bests. Tim Ferriss, New York Times Best Selling Author Karen packs a library's worth of proven insights into all she does. For anyone mired in the dumps or who just wants to live more joyfully Karens for you! Gretchen Rubin, New York Times Best Selling Author Karens writing is like Paxil without the side effects. If you've been sucker-punched by life (in other words, if you're human), Karen gives you empowering, user-friendly tips to deal with it. The very act of reading her writing will make you feel happier. - A.J. Jacobs, New York Times Best Selling Author Salmansohn's writing is bold, playful, insightful with powerful metaphors that provoke and inspire. Her kinetic images amplify her message and take her books to a new level of literary experience. Deepak Chopra, New York Times Best Selling Author If you're not happy with what you're getting, maybe you need a whole new plan. Karen Salmansohn offers you one. Start now! Seth Godin, New York Times Best Selling Author Karen Salmansohn is a creative force of nature. I love her insights and relentless commitment to helping people live happy and successful lives. Her smart sense of humor and unusual metaphors make changing your life not only do-able but, totally fun. I simply adore her! Marie Forleo, founder, The B School Salmansohn's got sass and shine! Her work sparks people to wake up, and at the same time, gives the comfort of perennial wisdom such a divine combo. Sass and shine, in the best packaging! Danielle LaPorte, best selling author of The Fire Starter Sessions and The Desire Map Life is full of surprise challenges and Karen Salmansohn offers informative research from the world of resiliency psychology to help ensure you bounce back from tough times stronger, better, happier! Marci Shimoff, New York Times Best Selling Author Salmansohn's advice for regaining your footing after a life set back is smart, do-able and even fun. Lucy S. Danziger, Editor-in-Chief, SELF Magazine Karen Salmansohn is the high priestess of great attitude! Marshall Goldsmith, New York Times Best Selling author Karen Salmansohn will lift your spirits at the same time, focus your path in the truths, challenges and opportunities found in everyday life. Sharon Salzberg, co-founder of the Insight Meditation Society Karen Salmansohn is a big brain in high heels. Goldie Hawn, actress and founder The Hawn Foundation About the Author KAREN SALMANSOHN is the best-selling author and book packager of more than 25 books for adults and tweens with more than 1 million copies sold. She has worked as an image consultant, serving clients such as MTV, Nickelodeon, Oxygen Media, and L'Oreal. She has been a featured happiness expert on the Today show, The View, CNN, Fox News, and Real Time with Bill Maher, and has written for Psychology Today, Mind Body Green, Positively Positive, and Huffington Post. She and her work have been covered by the New York Times, Businessweek, Chicago Tribune, L.A. Times, Philadelphia Inquirer, Time, Marie Claire, Fast Company, InStyle, Self, ELLE, and the New Yorker. She speaks widely on how to increase happiness, creativity, and productivity, most recently in a TEDx talk, "Fun Is a High Performance Fuel." Excerpt. Reprinted by permission. All rights reserved. INTRODUCTION Words are powerful things. It's actually appropriate to call words things even though you can't see words. After all, words have weight. They can drag you down. Words have height. They can lift you up. Words have length. They can last a lifetime. We have to be wildly watchful of the words we use knowing that once these words go into our heads, it's super hard to get them out of there! I know that eventually the words I use most often to talk about my life will become either a supportive inner voice or an inner bully. Ditto with the words we say to others. Our words have the power to lift people up or put them down. Our words can inspire confidence or obliterate it. And so we must choose our words wisely. Over time, the words of all the various cheerleaders and critics we've had in our lives become our inner cheerleaders and inner critics. Basically, we gotta watch the words we think, speak, and listen to because eventually these words create the world we see! With this in mind, I'm excited for you to start using this book, so you can begin giving yourself the right words, at the right time. I call these motivating words instant peptalks. I recommend using them on a daily basis or an insomniacal 3 a.m. basis. This collection of positive peptalks will quickly become your favorite go-to tool for whenever you need a little extra oomph and support. The facts: A range of neuroscientific studies support how positive affirmations, when consistently repeated, can wind up sinking into the subconscious mind thereby affecting a person's sense of self and their behavior. The advantages of these 50 instant peptalks over regular ol' affirmations: These peptalks are far catchier and more logically convincing than mere

affirmations making them more liable to linger in your mind. Like a catchy song you can't stop humming, you will find yourself instinctively playing these peptalks in your head as helpful reminders to keep on moving forward. The result: When used regularly, these peptalks will change your neural pathways, so you are more inclined to think optimistic thoughts, which lead to positive habits, which lead to a positively happier life! My mission: This book will become your inner power tool for staying strong, confident, and happy no matter how much you-gotta-be-friggin-kidding-me life throws at you! A quick flip-through will help you find the right words to say during a challenging time, to yourself or to a loved one. Throughout my life I've experienced how the right turn of phrase can be very powerful. When I was a child, my mom used to say: If you do what you always do, you'll get what you always get. Such a simple phrase yet it has continued to influence me throughout my life. Now as a mom myself, I use this exact peptalk with my son! In fact, all of the peptalks in this book are awesome to use with children. They'll permanently absorb these uplifting words then wind up growing up with an inner cheerleader as their inner voice instead of an inner fearleader. As Muhammad Ali once said: It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen. Or as I like to say: Sometimes you gotta fake positivity till you make positivity. These mindfully crafted peptalks have served me well to stay strong and full of faith in all that life has to offer. I hope they'll also bring you impenetrable resilience to keep moving forward and upward!